

Sources for “Are Your Supplements Really A Lie?” – [Take On Healthcare Podcast](#)

- **The efficacy and safety of specific supplements:** Ashwagandha
  - Effects on Anxiety and Stress: <https://pubmed.ncbi.nlm.nih.gov/36017529/>
  - Effects on Sleep: <https://pubmed.ncbi.nlm.nih.gov/34559859/>
  - Effects on Physical Performance Enhancement: <https://pubmed.ncbi.nlm.nih.gov/33670194/>
  - Effects on Cognitive Function: <https://pubmed.ncbi.nlm.nih.gov/34858513/>
  - Meta Analysis on safety and clinical effectiveness: <https://pubmed.ncbi.nlm.nih.gov/32201301/>
- Rauwolfia in the Treatment of Hypertension: <https://pubmed.ncbi.nlm.nih.gov/26770146/>
- Melatonin
  - The Safety of Melatonin in Humans: <https://pubmed.ncbi.nlm.nih.gov/26692007/>
  - More safety data: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9567778/>
  - CDC MMWR on Pediatric Melatonin Ingestion 2012-2021: <https://www.cdc.gov/mmwr/volumes/71/wr/mm7122a1.htm>
  - Melatonin Deaths Reported in North Carolina: <https://www.northcarolinahealthnews.org/wp-content/uploads/2022/10/bkac033-melatonin.pdf>
- L-Tryptophan ban and subsequent ban lifted: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3848710/#:~:text=An%20epidemiologic%20of%20EMS%20in,ban%20was%20lifted%20in%202005.>

Third-party Supplement Certification Programs and Testing:

- USP (United States Pharmacopeia): [www.usp.org/](http://www.usp.org/)
- NSF International: [www.nsf.org](http://www.nsf.org)
- CGMP (FDA Certified Good Manufacturing Practice): <https://www.fda.gov/drugs/pharmaceutical-quality-resources/facts-about-current-good-manufacturing-practice-cgmp#:~:text=What%20is%20CGMP%3F,of%20manufacturing%20processes%20and%20facilities.>
- ConsumerLabs: [www.consumerlabs.com](http://www.consumerlabs.com)

Supplements Banned by the FDA

- L-Tryptophan and Ephedra leading to creation of Dietary Supplement Health and Education Act (DSHEA) of 1994: <https://digitalcommons.law.seattleu.edu/cgi/viewcontent.cgi?article=1818&context=sulr>
- Phenibut Controversy: <https://www.fda.gov/food/cfsan-constituent-updates/fda-acts-dietary-supplements-containing-dmha-and-phenibut>

Statistics on emergency room visits and Poison Control calls related to supplements:

- ER Visit Statistics for Supplements:  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6196363/>
- ER Visit Statistics for Tylenol (acetaminophen):  
<https://www.ncbi.nlm.nih.gov/books/NBK441917/#:~:text=Acetaminophen%20toxicity%20is%20the%20second,year%20in%20the%20United%20States.>
- ER Visit Statistics for Prescription Drugs:  
<https://psnet.ahrq.gov/issue/national-surveillance-emergency-department-visits-outpatient-adverse-drug-events>
- Poison Control Statistics:  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5570731/>

Supplements Contaminated with Prescription Drugs:

<https://www.scientificamerican.com/article/hundreds-of-dietary-supplements-are-tainted-with-prescription-drugs/#:~:text=Dietary%20supplements%20aren't%20regulated,ingredients%2C%20a%20new%20study%20finds.>

MTHFR Genetic Mutations

- How Common are MTHFR Genetic Mutations:  
<https://www.ahajournals.org/doi/10.1161/CIRCULATIONAHA.114.013311#:~:text=How%20Common%20Are%20MTHFR%20Mutations,are%20heterozygous%20for%20MTHFR%20C677T>
- More Information on MTHFR and Methylfolate:  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9380836/>